



SLEEP 2023

JUNE 3–7 | INDIANAPOLIS, IN

PRELIMINARY PROGRAM

37TH ANNUAL MEETING OF
THE ASSOCIATED PROFESSIONAL
SLEEP SOCIETIES, LLC

A JOINT MEETING

AASM
American Academy of
SLEEP MEDICINE™

S Sleep
Research
Society®

2023 HIGHLIGHTS

37TH ANNUAL MEETING

SLEEP 2023, the 37th annual meeting of the Associated Professional Sleep Societies (APSS), is a joint meeting of the American Academy of Sleep Medicine (AASM) and the Sleep Research Society (SRS). The SLEEP meeting provides evidence-based education to advance the science and clinical practice of sleep medicine, disseminates cutting-edge sleep and circadian research, promotes the translation of basic science into clinical practice, and fosters the future of the field by providing career development opportunities at all levels. There is simply no other gathering of sleep professionals anywhere of this scale. The conference is attended by thousands of individuals from around the world, all connected by their interest and expertise in sleep medicine, sleep and circadian science, and sleep health.



ON-DEMAND SESSION RECORDINGS

The APSS is offering recordings of select general sessions available for pre-purchase with SLEEP registration. SLEEP attendees can purchase these recordings for the discounted price of \$250 (member) or \$400 (non-member). Non-attendees of SLEEP 2023 will be able to purchase the recordings after the meeting concludes. The Technologist Track is not included. On-demand recordings of postgraduate courses also are available for purchase.

CONSIDERATIONS FOR PARENTS

The APSS continually strives to make the meeting more accessible for participants, including those who are traveling with children.

MOTHER'S ROOM

The APSS will provide a room in the convention center for use by nursing mothers.

CHILDCARE OPTIONS

While childcare is not provided on-site for SLEEP 2023, we are working to identify local providers to address your childcare needs. For a list of childcare providers, visit sleepmeeting.org/childcare.

HEALTH AND SAFETY

The APSS is monitoring the COVID-19 pandemic and will follow current guidance and recommendations from the Centers for Disease Control and Prevention (CDC) to promote a healthy, safe, and enjoyable experience for all attendees, exhibitors, and staff during SLEEP 2023. The APSS also will follow the requirements of the state of Indiana, Marion County, and the city of Indianapolis. The APSS will provide updates and more details as the event gets closer. Learn more at sleepmeeting.org/registration.

FLEXIBLE CANCELLATION

The APSS is implementing a flexible cancellation policy to promote a healthy environment at SLEEP. Attendees will receive a full refund of all registration fees when a cancellation request is submitted in writing to the APSS national office by 1:30 p.m. EDT on Sunday, June 4, 2023. (Hotel and travel reservations must be cancelled separately and are not covered by this policy.) No cancellations will be accepted after 1:30 p.m. EDT on June 4.



SLEEP 2023

- > Provides evidence-based education to advance the science and clinical practice of sleep medicine
- > Disseminates cutting-edge sleep and circadian research
- > Promotes the translation of basic science into clinical practice
- > Fosters the future of the field by providing career development opportunities at all levels

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TECHNOLOGIST TRACK

Attend the Technologist Track at SLEEP 2023 – a two-day itinerary dedicated to sleep technologists that focuses on relevant topics and issues.



SLEEPMEETING.ORG

Visit our website for the latest SLEEP 2023 updates!



SAVE ON REGISTRATION

Register by March 5, 2023, to receive the first early bird registration discount!



TICKETED SESSIONS

Look for this ticket icon throughout the preliminary program for ticketed sessions to enhance your SLEEP 2023 experience.



CONTINUING EDUCATION

SLEEP 2023 offers CME for physicians, CE for psychologists, CEC for technologists, and letters of attendance. You can earn up to 38.25 AMA PRA Category 1 Credits™! More information can be found on page 8 or by visiting sleepmeeting.org.

SLEEP 2023

IT PAYS TO BE A MEMBER



NOT AN AASM OR SRS MEMBER? MEMBERS SAVE

an average of \$265* over nonmembers when pre-registering for
SLEEP 2023 with a half-day postgraduate course.

With membership, not only will you receive discounts on SLEEP registration, you will also receive all the benefits membership has to offer. Don't delay, join or renew today!



aasm.org/benefits



sleepresearchsociety.org/benefits

SLEEP 2023

*Discount may vary based on registration selections.
Pre-registration ends 03/05/2023.

REGISTRATION

General registration includes admission to all general sessions, industry supported events, poster hall and the exhibit hall. Additional fees are required for attending ticketed events.

GENERAL REGISTRATION	FIRST EARLY BIRD JANUARY 27 - MARCH 5	SECOND EARLY BIRD MARCH 6 - APRIL 23	REGULAR RATE APRIL 24 - MAY 24	ON-SITE RATE JUNE 3 - 7
Individual Member	\$350	\$400	\$450	\$500
Individual Nonmember	\$550	\$600	\$650	\$700
Resident/Postdoctoral Member	\$180	\$190	\$200	\$210
Resident/Postdoctoral Nonmember	\$230	\$250	\$270	\$290
Student/Predoctoral Member	\$95	\$105	\$115	\$125
Student/Predoctoral Nonmember	\$135	\$145	\$155	\$165
Sleep Team Member	\$200	\$220	\$240	\$260
Sleep Team Nonmember	\$325	\$355	\$385	\$415
Sleep Medicine Patient Advocate	\$50	\$50	\$50	\$50
Retired/Emeritus Member*	\$100	\$125	\$150	\$175
International – Low-Income Economies***	\$30	\$40	\$50	\$60
International – Lower-Middle Income Economies***	\$45	\$60	\$75	\$85
International – Upper-Middle Income Economies***	\$150	\$170	\$190	\$210
Guest**	\$100	\$100	\$100	\$100

*Retired/Emeritus Member registrants must have obtained "Retired" or "Emeritus Fellow" standing with AASM or "Emeritus" status with SRS.

**Immediate family of a registered attendee; access to exhibit hall, poster hall, industry supported events only.

***For a full list of countries that fall under low, lower-middle and upper-middle income economy ticket types and how to register, [click here](#).

TICKETED SESSIONS

Attendees may not register for ticketed events without registering for SLEEP 2023 General Session.

TICKETED SESSIONS	MEMBER	NONMEMBER
Full-Day Postgraduate Course	\$150	\$225
Half-Day Postgraduate Course	\$85	\$150
Meet the Professors <i>Includes Lunch</i>	\$55	\$65
Lunch Debates <i>Includes Lunch</i>	\$55	\$65

CONFIRMATION

After registering for SLEEP 2023, registrants will receive an automated email confirmation.

Add a ticketed session during the registration process and gain access to even more SLEEP 2023.

Forgot to register for ticketed sessions?

Follow the instructions in your confirmation email to directly add ticketed sessions to your existing registration.

PRE-REGISTER & SAVE! THREE WAYS TO REGISTER:

1. Online (credit card only) at sleepmeeting.org
2. Fax (credit card only)
(630) 737-9790
3. Mail (credit card or check)
Associated Professional Sleep Societies, LLC
Attention: Meeting Department
2510 N. Frontage Road
Darien, IL 60561
Registration form available to download [here](#).

SLEEP 2023 RECORDINGS PRICING

The APSS will produce recordings of select SLEEP postgraduate courses and sessions. These recordings will be available for purchase after the meeting (for non-attendees) or during the registration process (for attendees).

AVAILABLE RECORDINGS FOR PURCHASE	MEMBER PRICE	NONMEMBER PRICE
Full-Day Postgraduate Course Recording (SLEEP Attendee)	\$150.00	\$225.00
Half-Day Postgraduate Course Recording (SLEEP Attendee)	\$85.00	\$150.00
Full-Day Postgraduate Course Recording (Non-Attendee)**	\$200.00	\$275.00
Half-Day Postgraduate Course Recording (Non-Attendee)**	\$100.00	\$175.00
General Session Recordings* (SLEEP Attendee)	\$250.00	\$400.00
General Session Recordings* (Non-Attendee)**	\$400.00	\$600.00

*Does not include recordings of the Tech Track

**Not available for sale until after SLEEP 2023

The PJ5K will take place in the early morning of Sunday, June 4 starting and finishing at Military Park located at White River State Park in Indianapolis, IN.



	ON OR BEFORE APRIL 23	APRIL 24 – MAY 24	ONSITE REGISTRATION
PJ 5K	\$35	\$40	\$45

All net proceeds go to the AASM Foundation and SRS Foundations to support key sleep and circadian research that positively impacts the lives of patients with sleep disorders and the field of sleep medicine. PJ5K registrants have the option and are encouraged to wear pajamas (family appropriate) while participating in the race.

[Click here to learn more.](#)

NEW

SRS[®] Grant Pre-Review PROGRAM

Grant support for early-stage investigators pursuing K- or R-level grants (or similar) who do not have access to internal institutional grant pre-review mechanisms.

CYCLE 1

LOI Due NOV 5TH

CYCLE 2

LOI Due MAR 5TH

CYCLE 3

LOI Due AUG 5TH

LEARN MORE



**Trainee Symposia
SERIES**

June 4, 2023

The Trainee Symposia Series is intended to foster scientific investigation, professional education and career development in sleep and circadian research as well as academic sleep medicine.

**REGISTER FOR SESSIONS
DURING SLEEP Registration**

**Registration includes three scientific
sessions and an informal networking hour**

	AASM/SRS MEMBER	NON- MEMBER
Continuing Medical Education (CME) Credit for Physicians	\$25	\$40
Continuing Education for Technologists (CEC)	FREE	\$25
Continuing Education (CE) for Psychologists	\$25	\$25
Letter of Attendance for Non-Physicians	\$25	\$40

DAY	CREDIT HOURS POSSIBLE
Saturday, June 3	Up to 7.50
Sunday, June 4	Up to 7.75
Monday, June 5	Up to 7.00
Tuesday, June 6	Up to 8.00
Wednesday, June 7	Up to 8.00
TOTAL	Up to 38.25

LEARNING OBJECTIVES

After attending SLEEP 2023, participants should be able to:

1. Summarize relevant information on the latest sleep research and clinical practices;
2. Identify present issues or challenges in diagnosis/treatment of sleep disorders, practice of sleep medicine or topics related to the field of sleep;
3. Integrate strategies and tools for the enhancement/advancement of sleep medicine; and
4. Recognize and discuss common sleep disorders.

GENERAL SESSION AND POSTGRADUATE COURSE RECORDINGS

Learners can earn a maximum of 38.25 credits for eligible sessions offered in the SLEEP meeting by attending live sessions, viewing recordings, or combining both methods of participation. To receive credits, participants must register separately for the appropriate credit (e.g., CME, CEC, letter of attendance) and pay the administrative fee. (Note: SLEEP 2023 recordings are not approved for CE credit for psychologists.)

CONTINUING MEDICAL EDUCATION (CME) CREDIT FOR PHYSICIANS

SLEEP 2023 meeting activities have been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Academy of Sleep Medicine (AASM) and the Associated Professional Sleep Societies, LLC (APSS). The AASM is accredited by the ACCME to provide continuing medical education for physicians. The AASM designates this live activity for a maximum of 38.25* *AMA PRA Category 1 Credits™* for eligible sessions offered in the SLEEP meeting by attending live sessions, viewing on-demand recordings, or combining both methods of participation.

Physicians should claim only the credit commensurate with the extent of their participation in the activity. *To receive proof of participation from SLEEP 2023, please select "Continuing Medical Education (CME) Credits for Physicians" during the registration process.*

TECHNOLOGIST CONTINUING EDUCATION (CEC)

The American Academy of Sleep Medicine (AASM) will offer AASM Continuing Education Credits (CECs) to sleep technologists who attend SLEEP 2023.

To receive proof of participation from SLEEP 2023, please select "AASM CEC for Technologists" during the registration process.

CONTINUING EDUCATION (CE) FOR PSYCHOLOGISTS

Amedco LLC designates this live activity for a maximum of 38.25 live Psychologist contact hours.

SLEEP 2023 sessions are not approved for CE credit for psychologists licensed by the states of New York or New Jersey. ***To receive proof of participation from SLEEP 2023, please select "Continuing Education (CE) for Psychologists" during the registration process.***

A maximum of 38.25 credits for eligible sessions offered in the SLEEP meeting by attending live sessions, purchasing recordings, or combining both methods of participation.*

The maximum number of credits available without purchasing ticketed sessions is 27.00.

ACCREDITATION STATEMENT



In support of improving patient care, this activity has been planned and implemented by Amedco LLC and APSS. Amedco LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the

Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

PSYCHOLOGISTS (APA) CREDIT DESIGNATION



This course is co-sponsored by Amedco and APSS. Amedco is approved by the American Psychological Association to sponsor continuing

education for psychologists. Amedco maintains responsibility for this program and its content.

The following state boards accept courses from APA providers for Counselors: AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, MD, ME, MO, NC, ND, NH, NE, NJ, NM, NV, OK*, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY

MI: No CE requirements

The following state boards accept courses from APA providers for MFTs: AK, AR, AZ, CA, CO, CT, DE, FL, GA, IA, ID, IN, KS, MD, ME, MO, NE, NC, NH, NJ, NM, NV, OK*, OR, PA, RI, SC, SD, TN, TX, UT, VA, WA, WI, WY

The following state boards accept courses from APA providers for Addictions Professionals: AK, AR, CO, CT, DC, DE, GA, IA, IN, KS, LA, MD, MO, MT, NC, ND, NE, NJ, NM, NY (outstate held), OK*, OR, SC, UT, WA, WI, WY

** OK accepts APA credit for live, in-person activities. For all ethics and/or online courses, an application is required.*

MA / MFTs: Participants can self-submit courses not approved by the MAMFT board for review.

The following state boards accept courses from APA providers for Social Workers: AK, AR, AZ, CA, CO, DE, FL, GA, ID, IN, KY, ME, MN, MO, NE, NH, NM, OR, PA, VT, WI, WY

LETTER OF ATTENDANCE

Individuals who are not eligible for any type of continuing education credits offered at SLEEP 2023 may receive a letter of attendance outlining the number of *AMA PRA Category 1 Credits™* designated for the sessions they attend at SLEEP 2023. **To receive proof of participation from SLEEP 2023, please select "Letter of Attendance" during the registration process.**

PHYSICIAN ASSISTANT (PA) CREDIT

PAs may claim a maximum of 38.25* Category 1 credits for eligible sessions offered in the SLEEP meeting by attending live sessions, purchasing recordings, or combining both methods of participation. NCCPA accepts AMA PRA Category 1 Credit™ from organizations accredited by ACCME or a recognized state medical society. **To receive proof of participation from SLEEP 2023, please select "Letter of Attendance" during the registration process.**

NURSE PRACTITIONER (NP) CREDIT

NPs may claim a maximum of 38.25* Category 1 credits for eligible sessions offered in the SLEEP meeting by attending live sessions, viewing on-demand recordings, or combining both methods of participation.

MAINTENANCE OF CERTIFICATION (MOC)



All individual postgraduate courses will offer Maintenance of Certification (MOC) points and Self-Assessment (SA) CME credits. Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 7.50 MOC points/SA CME credits (for each individual full-day postgraduate course) or 3.75 MOC points/SA CME credits (for each individual half-day postgraduate course) for the following boards:

- Medical Knowledge MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program;
- MOC points in the American Board of Pediatrics' (ABP) Maintenance of Certification (MOC) program; and
- Annual part II self-assessment credits in the American Board of Otolaryngology – Head and Neck Surgery's Continuing Certification program (formerly known as MOC); and
- An application has been submitted to The American Board of Psychiatry and Neurology for SLEEP 2023 postgraduate course self-assessment credits.
- It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM, ABP, ABPN, or ABOHNS MOC credit.
- Continuing Education is an additional cost that can be added at the final stage of registration for postgraduate courses.

The American Academy of Nurse Practitioners Certification Board (AANPCB) accepts AMA PRA Category 1 Credit™ from organizations accredited by the ACCME. Individuals are responsible for checking with the AANPCB for further guidelines. **To receive proof of participation from SLEEP 2023, please select "Letter of Attendance" during the registration process.**

**The maximum number of credits available for attending SLEEP 2023 is inclusive of all ticketed and general sessions. Ticketed sessions must be purchased and attended in order to claim the maximum number of credits.*

The maximum number of credits available without purchasing ticketed sessions is 27.00.

DEADLINE TO CLAIM CREDITS:

August 1, 2023 for CE for Psychologists.

December 15, 2023 for CME, Letters of Attendance, and AASM CEC.

December 31, 2023 for MOC and ABPN SA CME.

After these dates, individuals will no longer be able to receive credits.

DO NOT FORGET TO REGISTER FOR CREDITS

Follow the instructions below to ensure that you receive credit for SLEEP 2023:

1. When you register for SLEEP 2023, be sure to add the appropriate continuing education credits to your registration. This is a separate fee from the general session registration fee.
2. To claim your credit following the meeting, follow the instructions provided in the email sent to you.



SAVE THE DATE!

AASM FOUNDATION 25th Anniversary Celebration

SLEEP 2023
Sunday, June 4, 2023
at 7pm ET | Indianapolis, IN

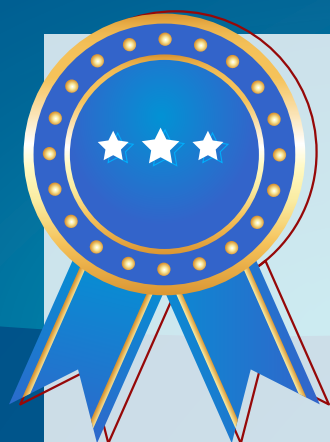
*The AASM Foundation invests
in the future of the sleep profession.*

*Since 1998, we have distributed
more than \$23 million supporting
research, community, and
training programs.*

*Champion Sleep Health
by Contributing Today!*

SPONSORED BY TAKEDA PHARMACEUTICALS





AASM Accreditation Leads the Field of Sleep Medicine

AASM Accreditation has been the gold standard by which the medical community and the public evaluates sleep medicine facilities since 1977.

AASM ACCREDITATION

PROGRAM PARTICIPATION

- Demonstrates your commitment to providing quality diagnostic services and long-term management of patients
- Indicates to patients and referring physicians that you are dedicated to providing the high quality, evidence-based patient care in sleep medicine
- Ensures you are able to meet requirements set by payers who recognize that accreditation leads to improvements in patient care

AASM ACCREDITED PROGRAMS HAVE CONTRIBUTED TO:

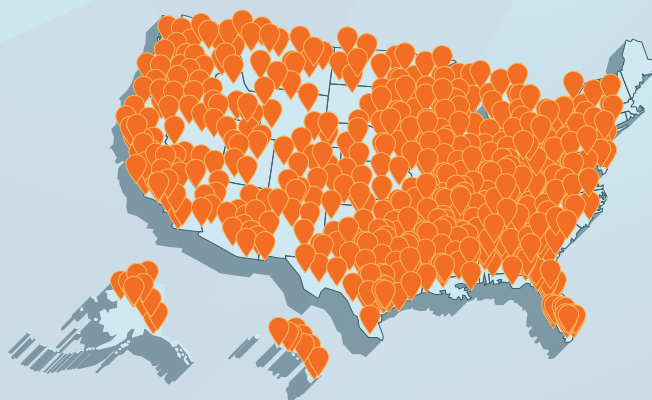
- More than \$23.6 million in AASM Foundation grant funding being awarded
- 29 AIRE fellowship positions being piloted
- Launching the first sleep-specific clinical data registry (Sleep CDR) for easy benchmarking & reporting

SPECIALTY PRACTICE ACCREDITATION

Raises the standard of care for cardiology patients who may need treatment for OSA

PROGRAM PARTICIPATION

- Demonstrates the desire to improve sleep care access and patient health.
- Employs a multi-disciplinary approach for improved continuity of care.
- Ensures a board-certified sleep specialist is at the center of managing patients with sleep disorders.



AASM ACCREDITATION OFFERS

- A valued public indicator of high quality, patient-centered care
- The longest accreditation term at the lowest cost
- Dedicated accreditation support
- Practice promotion tools & resources

DID YOU KNOW

The Foundation provides funding for these awards/grants?

- SRSF Career Development Award
- SRSF Small Research Grant
- SRSF Mentored Collaboration Grant

SRS Foundation Conference Scholarships:

- Advances in Sleep and Circadian Science meeting Scholarship
- SLEEP meeting Undergraduate Registration Scholarship
- SLEEP meeting Post Graduate Course Scholarship
- Young Investigator's Research Forum Registration Scholarship



Sleep
Research
Society
Foundation

*Supporting Sleep and
Circadian Research*

LEARN MORE



Sleep CDR

FIRST SLEEP MEDICINE CLINICAL DATA REGISTRY

Streamline data collection for quality improvement efforts and more...

- INCREASE REIMBURSEMENT
- REPORT SLEEP SPECIALTY MEASURES
- SIMPLIFIED REPORTING
- BENCHMARKING
- DEMONSTRATE VALUE
- IMPROVE PRACTICE OPERATIONS

Currently FREE data entry and reporting for AASM facility members and individual members in AASM-accredited sleep centers!

Find out more at
registry@aasm.org

AASM

SESSION TYPE DESCRIPTIONS

B	Bench to Bedside	Present the latest advances in translational science and clinical applications on a specific topic.
 C	Postgraduate Courses	Intensive reviews of topics presented in a half-day or full-day session format prior to the scientific program.
D	Discussion Groups	Forums for informal presentations of a specific topic, which may include conversations on controversial subjects or pro/con discussions and presentations.
F	Rapid-Fire Symposia	Fast-paced sessions led by junior-level investigators/clinicians focusing on the latest data and ideas in the field.
I	Invited Lectures	Features senior-level investigators/clinicians presenting on their areas of expertise.
 L	Lunch Debates	Large-group lunch sessions during which two experts in the field debate a single topic. Lunch is provided.
 M	Meet the Professors	Small-group lunch sessions during which an expert in the field leads an informal discussion on a single topic. Lunch is provided.
O	Oral Presentations	Features investigators presenting their latest research and new ideas in the field.
P	Poster Presentations	Visual representations of the latest research and new ideas in the field.
S	Symposia	Focuses on the latest data and ideas in the field.
T	Technologist Track	Dedicated track for sleep technologists designed to accommodate all levels of sleep technologists and is valuable to all members of the sleep team.
W	Clinical Workshops	Reviews of patient- and business-related aspects of sleep centers. Workshops address difficult clinical situations, business challenges and trends that clinicians experience in their daily practices.

TICKETED EVENTS

Tickets required to attend

Postgraduate Courses
Lunch Debates
Meet the Professor Sessions

RECEIVE THE LATEST DETAILS

 sleepmeeting.org

**All schedule information is subject to change.*

REGISTRATION OPEN | 7:00 a.m. - 5:30 p.m.

GENERAL SESSIONS | 1:00 p.m. - 3:00 p.m.

B-01

Women's Symposium on Gender/Sex-Related Differences in Primary Sleep Disorders: How Animal Models Can Inform Clinical Research

Rosalia Silvestri, MD, Chair; Mariana Fernandes, PhD; Christelle Peyron, PhD; Renata Riha, MD

O-01

Sleep and Circadian Disparities - The Role of Socioeconomic Status, Race, Family, and Neighborhood

S-01*

Chrononutrition to Optimize Cardiometabolic Health

Frank Scheer, PhD, Chair; Marta Garaulet, PhD; Emily Manoogian, PhD; Courtney Peterson, PhD; Joseph Takahashi, PhD

REFRESHMENT BREAK | 3:00 p.m. - 3:15 p.m.

GENERAL SESSIONS | 3:15 p.m. - 5:15 p.m.

O-02

Sleep Health Across Populations: From Occupations to Couples

S-02*

Pain, the Neuropeptidergic N/OFQ - NOP System and Sleep

Thomas Kilduff, PhD, Chair; Chloe Alexandre, PhD; Lawrence Toll, PhD; Garth Whiteside, PhD

S-03

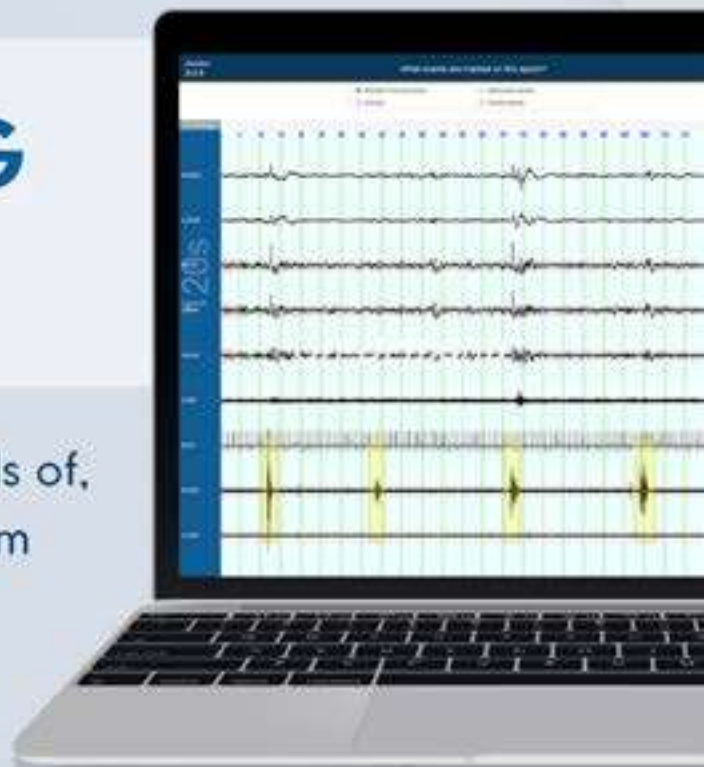
Sleep, Glymphatic Function, and Alzheimer's Disease

Miranda Lim, MD, PhD, Chair; John Cirrito, PhD; Jeffrey Iliff, PhD; Xiao Lu, PhD; Dante Picchioni, PhD

**Continuing education credit is not available for this session*

SCORING COURSE

Learn the concepts behind, and the skills of, scoring an in-laboratory polysomnogram with the new online teaching program, Sleep ISR Scoring Course!



LEARN MORE AT ISR.AASM.ORG

REGISTRATION OPEN | 7:00 a.m. - 5:30 p.m.

PLENARY SESSION AND KEYNOTE ADDRESS | 8:15 a.m. - 10:00 a.m.

I-01 Bridging Circadian and Sleep Science to Enhance Healthspan Phyllis Zee, MD, PhD

EXHIBIT HALL OPEN | 10:00 a.m. - 4:00 p.m.

REFRESHMENT BREAK | 10:00 a.m. - 10:30 a.m.

GENERAL SESSIONS | 10:30 a.m. - 11:30 a.m.

I-02 Does One Size Fit All? Understanding Sleep Health Inequities in Latinx Populations Carmela Alcantara, PhD

I-03 Why We Sleep Differently: How the Aging Brain Changes the Way We Sleep Bryce Mander, PhD

O-03 Sleep in Toddlers: One Strategy Does Not Fit All

O-04* Hypersomnia: New Data on Pharmaceutical Options

O-05 Sleep, Stress, and Emotion

O-06 Wearable Devices and Deep Learning Techniques

S-04 The Role of Light in Health via Biological Rhythms Anahid Hekmat, MD, Chair; Kenneth Wright, PhD; Jaime Zeitzer, PhD

S-05 Clinical Practice Guideline Update for the Management of REM Sleep Behavior Disorder Michael Howell, MD, Chair; Nancy Foldvary-Schaefer, DO; Roneil Malkani, MD

LUNCH BREAK | 11:30 a.m. - 1:30 p.m.

LUNCH SESSIONS | 11:45 a.m. - 12:45 p.m.

POSTER SESSION | 12:00 p.m. - 1:15 p.m.

AASM Annual Membership Meeting | 12:00 p.m. - 1:30 p.m.

LBA Late-Breaking Abstracts

L-01 Do You Need to Use Hypnotic Medications with CBT? Jack Edinger, PhD (Pro); Spencer Dawson, PhD (Con)

M-01 Integrating Circadian Medicine in Sleep Disorder Centers Phyllis Zee, MD, PhD

M-02 Sleep and Cancer: An Important and Underappreciated Relationship Saadia A. Faiz, MD

M-03 The Low-Down on Sleep Problems in Children and Adults with Trisomy 21 Christopher Cielo, DO

M-04 CCHS: What Every (Adult) Specialist Should Know Maida Lynn Chen, MD

M-05 The Contribution of Sleep Health Disparities to Chronic Diseases Dayna Johnson, PhD

GENERAL SESSIONS | 1:30 p.m. - 3:30 p.m.

D-01 Delay in Diagnosis: How Health Disparities, Lack of Awareness, and Payer Policies Ultimately Impact the Patient Raman Malhotra, MD, Chair; Amy Clifton; Gilles Frydman; Sarah Gorman; Amy Kant; Rebecca King; Allison Puglisi; Stephen Smith

D-02 Tumbleweeds and Frontier Land - Is Rural Sleep Medicine Dying? Threats to Rural Sleep Medicine and Proposed Solutions Seema Khosla, MD, Chair; Eric Albrecht; Evin Jerkins, DO; Michael Rizzitiello, RPSGT, RST

*Continuing education credit is not available for this session.

O-07	Objective Sleep in Insomnia Disorder: Discrepancy, Comorbidity, and Manipulation	
O-08	Future Trends in Sleep Apnea Diagnosis and Care	
S-06	What Circadian Rhythms Outside of the Brain Can Tell Us About Sleep	Ketema Paul, PhD, Chair; Samuel Bowers, MD, PhD; Allison Brager, PhD, MAJ; Reena Mehra, MD; Daniel Whittaker, PhD
S-07	Advances in our Understanding of Neural Activity During REM Sleep	James Dooley, PhD, Chair; Mattia Aime, PhD; Ashley Ingiosi, PhD; Yuta Senzai, PhD; Guang Yang, PhD
W-01	Melatonin Use in Children: The Good, the Bad, and the Ugly	Narong Simakajornboon, MD, Chair; Suresh Kotagal, MD; Judith Owens, MD; Emily Ricketts, PhD; Guanghai Wang, PhD
GENERAL SESSION 1:30 p.m. - 2:30 p.m.		
O-09	Associations of Sleep and Rhythm Development with Emotional and Weight-Related Outcomes	
GENERAL SESSION 2:30 p.m. - 3:30 p.m.		
F-01	Application of Acoustic Stimulation of Slow Wave Sleep for Cognitive Function and in Neurocognitive Disorders	Roneil Malkani, MD, Chair; Daniela Grimaldi, MD, PhD; Maarten Van Den Bossche, MD, PhD; Laura Van den Bulcke, MD
REFRESHMENT BREAK 3:30 p.m. - 4:00 p.m.		
GENERAL SESSIONS 4:00 p.m. - 5:00 p.m.		
D-03	AASM Scoring Manual 3: Overview of Recent Changes and Considerations for the Future	David Plante, MD, PhD, Chair; Anuja Bandyopadhyay, MD; Alcibiades Rodriguez, MD; Matthew Troester, DO
D-04	Promoting Diversity, Equity and Inclusion in the Sleep Research Society	Dayna Johnson, PhD, Chair; Namni Goel, PhD; Sanjay Patel, MD
I-04	Disordered Sleep and Rhythms: Causes or Consequences of Psychiatric Disorders?	Ruth Benca, MD, PhD
I-05	The Burden of Wake and the Reasons of Sleep: How Sleep Promotes Synaptic Homeostasis	Chiara Cirelli, MD, PhD
O-10	Sleep Determinants and Predictors of Disease	
O-11	Ethnic Health Disparities in Sleep Apnea Diagnosis and Treatment	
S-08	Obstructive Sleep Apnea in Youth and Young Adults with Down Syndrome	Melissa Xanthopoulos, PhD, Chair; Anna Esbensen, PhD; Ignacio Tapia, PhD
S-09	Neurobiology of the Inter-Relationship between Circadian Rhythms and Substance Use Disorder	Sunila Nair, PhD, Chair; Emiliana Borrelli, PhD; Ryan Logan, PhD; Colleen McClung, PhD
POSTER RECEPTION 5:00 p.m. - 6:00 p.m.		

REGISTRATION OPEN | 7:30 a.m. - 5:30 p.m.

GENERAL SESSIONS | 8:00 a.m. - 10:00 a.m.

D-05	Priority Areas of Research in Artificial Intelligence (AI) in Sleep Medicine	Ramesh Sachdeva, MD, PhD, JD, Chair; Anuja Bandyopadhyay, MBBS; Maryann Deak, MD; Felicia Jefferson, PhD; Seema Khosla, MD; Emmanuel Mignot, MD, PhD; Azizi Seixas, PhD
D-06*	NIH Resources to Accelerate Translation and Biomedical Product Development for Improved Sleep Health	Julia Berzhanskaya, PhD, Chair; Taryn Aubrecht, PhD; Jonathan Charlesworth, PhD; Shilpy Dixit, PhD; Daniel Gartenberg, PhD; Kathleen Rousche, PhD; Olivia Walch, PhD
O-12	Sleep-Disordered Breathing and Cardiovascular Disease	
O-13	Impact of Sleep on Health in Adolescents	
O-15	Effects of Sleep and Sleep Loss on Cognition and Emotion	
S-10	How Do I Prescribe That? Updates on Medications Used to Treat Sleep Disorders	Anita Rajagopal, MD, Chair; Hrayr Attarian, MD; Mark Goetting, MD; Atul Malhotra, MD; John Winkelman, MD, PhD
W-02	REM Sleep Behavior Disorder (RBD): Understanding the Clinician and Patient Perspectives	Joyce Lee-Iannotti, MD, Chair; Alon Avidan, MD; Carlos Schenck, MD; Michael Silber, MBChB; Erik St. Louis, MD; Aleksandar Videnovic, MD

GENERAL SESSION | 8:00 a.m. - 9:00 a.m.

F-02	Expanding the Shift Work Ecology: Social, Environmental, and Occupational Factors to Optimize Interventions	Philip Cheng, PhD, Chair; Nicole Bowles, PhD; Andrew McHill, PhD; Ariel Williamson, PhD
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GENERAL SESSION | 9:00 a.m. - 10:00 a.m.

O-14	Omics-Based Insights on Sleep Regulation	
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EXHIBIT HALL OPEN | 10:00 a.m. - 4:00 p.m.

REFRESHMENT BREAK | 10:00 a.m. - 10:30 a.m.

GENERAL SESSIONS | 10:30 a.m. - 11:30 a.m.

D-07*	Identifying and Overcoming Barriers for Clinical Use of Artificial Intelligence in Sleep Medicine	Dennis Hwang, MD; Roneil Malkani, MD; Samuel Rusk; M. Brandon Westover, MD, PhD
I-06	From Snooze to Stroke	Devin Brown, MD
I-07	Sleep, Development, and Social Context: Implications for Health Disparities	Mona El-Sheikh, PhD
O-16	Natural Course of Insomnia: Predisposition, Perpetuation, and Resilience	
O-17	Sleep Medicine and Oncology	
O-18	Sleep and Sleep Loss in Aging and Alzheimer's Disease	
S-11	Obesity Hypoventilation Syndromes Across the Lifespan	Pallavi Patwari, MD, Chair; Alejandra Lastra, MD; Babak Mokhlesi, MD; Lisa Wolfe, MD
S-12	The Locus Coeruleus Noradrenergic System in Healthy and Pathological Sleep: From Mechanisms to Impacts	Alejandro Osorio-Forero, PhD, Chair; Hanna Antila, PhD; Ekaterina Koshmanova, PhD; Laura Schnider

LUNCH BREAK | 11:30 a.m. - 1:30 p.m.

*Continuing education credit is not available for this session

LUNCH SESSIONS | 11:45 a.m. - 12:45 p.m.

POSTER SESSION | 12:00 p.m. - 1:15 p.m.

SRS Annual Membership Meeting | 12:00 p.m. - 1:15 p.m.



R-01

Trainee Case Reports



L-02

Sleep Quality vs. Sleep Duration Measure

Atul Malhotra, MD (Pro); Sanjay Patel, MD (Con)



M-06

The Multiple Pathways Linking Sleep Apnea and Cardiovascular Disease

Susan Redline, MD



M-07

Don't Blow it Off - Meeting the Challenge of Ventilation Failure in Neuromuscular Disease

Lisa Wolfe, MD



M-08

Sleeping For Two: Maternal Sleep and Infant Health

Ghada Bourjeily, MD



M-09

Sleep and Metabolism: Building Blocks of Mental Health and Cognition

Ana Pocivavsek, PhD



M-10

Insufficient Sleep and Circadian Misalignment: Contributions to Cardiometabolic Disease

Christopher Depner, PhD

GENERAL SESSIONS | 1:30 p.m. - 3:30 p.m.

B-02

Sleep Extension: From Research to Practice

Kelly Baron, PhD, Chair; Christopher Depner, PhD; Kara Duraccio, PhD; Sirimon Reutrakul, MD

D-08

The International Classification of Sleep Disorders: Revisions and Controversies

Michael Sateia, MD, Chair; R. Robert Auger, MD; Ronald Chervin, MD; Sanjay Patel, MD; Daniel Picchietti, MD; David Plante, MD, PhD; Shannon Sullivan, MD; Aleksandar Videnovic, MD

O-19

Intersection of Sleep, Cardiovascular Health, and Endocrinologic Disease

O-20

Real World Outcomes in Sleep-Disordered Breathing

O-21

Observing and Intervening on Circadian Rhythms

S-13

Sleep and Driving: What Sleep Medicine Clinicians and Researchers Need to Know in 2023

Muhammad Rishi, MBBS, Chair; Michael Berneking, MD; Jennifer Creamer, MD; Erin Flynn-Evans, PhD; Amy Licis, MD

S-14

The Interconnection of Sleep, Circadian Rhythms, and Long COVID

Sairam Parthasarathy, MD, Chair; Daniel Buysse, MD; Brian Cade, PhD; Matthew Maas, MD; Rachel Manber, PhD; Reena Mehra, MD; Janet Mullington, PhD; Phyllis Zee, MD, PhD

GENERAL SESSION | 1:30 p.m. - 2:30 p.m.

F-03

The Effect of Household, Familial, and Neighborhood Context on Sleep and Circadian Rhythms Across Early Childhood

Caroline Hoyniak, PhD, Chair; Lauren Hartstein, PhD; Jodi Mindell, PhD; Lauren Philbrook, PhD

GENERAL SESSION | 2:30 p.m. - 3:30 p.m.

F-04

Understanding Child and Adolescent Sleep and Mental Health Using Multiple Methods and Informants: Implications for Intervention

Jessica Levenson, PhD, Chair; Mattina Davenport, PhD; Heather Joseph, DO; Eberechukwu (Ebere) Uwah, MD

REFRESHMENT BREAK | 3:30 p.m. - 4:00 p.m.

GENERAL SESSIONS | 4:00 p.m. - 5:00 p.m.

D-09	The Effect of Disparities in Sleep Care on Cardiovascular Outcomes: Defining the Problem and Implementing Solutions	William Healy, MD, Chair; Girardin Jean-Louis, PhD; Dayna Johnson, PhD; Younghoon Kwon, MD
D-10	Identifying and Prioritizing Strategies to Increase Access to High-Quality Care for Insomnia Disorder	Joyce Lee-Iannotti, MD, Chair; Deirdre Conroy, PhD; Donald Townsend, PhD; Vincent Grbach, MD
D-11	Optimizing Sleep Health in First Responders & Military Personnel: Evidence-Based Practices, Controversies and Research Gaps	Joel Billings, PhD, Chair; Patricia Haynes, PhD, Vincent Mysliwiec, MD; Daniel Patterson, PhD
I-08	Physiologic Phenotyping of Sleep Apnea	Andrew Wellman, MD, PhD
I-09	The Evolution and Diversification of Sleep	Niels Rattenborg, PhD
O-22	The Role of Nightmares in Sleep and Mental Health: The Effect of Trauma and Age	
O-23	Childhood OSA: Outcomes of Novel Evaluation and Treatment Strategies	
S-15	Parenting-Related Factors, Youth Sleep, and Mental Health Across Development	Darlynn Rojo-Wissar, PhD, Chair; Juliana Acosta, PhD; Justin Parent, PhD; Maria Hincapie, MD

POSTER RECEPTION | 5:00 p.m. - 6:00 p.m.

REGISTRATION OPEN | 7:30 a.m. - 5:00 p.m.

GENERAL SESSIONS | 8:00 a.m. - 10:00 a.m.

O-24	Interrelations Among Sleep, Light Therapy, and Trauma: Effects on Mood Disorders in Postpartum Populations, Adolescence, and College Students	
O-25	The Brain and Body in Sleep Loss, Disruption, or Extension	
S-16	Emerging Alternative Treatments for Sleep-Disordered Breathing: An Update from the Experts	Anita Rajagopal, MD, Chair; Shahrokh Javaheri, MD; Atul Malhotra, MD; David Smith, MD, PhD; Harold Smith, DDS
S-17	Sleep and Cardiometabolic Health: Results from Funded AASM Foundation Grants	Neomi Shah, MD, Chair; Jennifer Albrecht, PhD; Vaishnavi Kundel, MD; Diego Mazzotti, PhD; Megan Petrov, PhD
S-18	The Dark Side of the Moon: Sleep-Disordered Breathing in Hospitalized Patients	Sunil Sharma, MD, Chair; Dennis Auckley, MD; Martha Billings, MD; Rami Khayat, MD; Cinthya Pena Orbea, MD
S-19	Sleep EEG Signatures in Neuropsychiatric Disorders Across the Lifespan	Fabio Ferrarelli, MD, PhD, Chair; Ruth Benca, MD, PhD; Matt Jones, PhD; Dimitrios Mylonas, PhD
S-20	Sleep in Animal Models of Neurodevelopmental Conditions	Michelle Bridi, PhD, Chair; Miranda Lim, MD, PhD; Lucia Peixoto, PhD; Preeti Vyas
W-03	Impact of the Environmental Exposome on Sleep and Sleep Disorders in Fetus, Infants, Children and Adolescents	Madeleine Grigg-Damberger, MD, Chair; Vlad Ianus, MD; Stephanie Mayne, PhD; Anne Marie Morse, DO; Susan Muraida, MD

EXHIBIT HALL OPEN | 10:00 a.m. - 1:30 p.m.

REFRESHMENT BREAK | 10:00 a.m. - 10:30 a.m.

GENERAL SESSIONS | 10:30 a.m. - 12:30 p.m.

D-12	Time to Rethink CPAP Therapy: A Review of the AHRQ Report and Future Directions	Carolyn D'Ambrosio, MD, Chair; Nancy Collop, MD; Susheel Patil, MD, PhD; Neomi Shah, MD; Alexandra Wharton
O-26	New Data on the Impact of Sleep on Co-Morbidities and Mortality	
O-27	Digital and Novel Applications of Behavioral Therapies for Insomnia in Comorbid and Special Populations	
O-28	Health Behaviors, Performance, and Fatigue Across the Lifespan	
S-21*	Sleep Dental and Medical Collaborative Models for the Optimal Diagnosis and Treatment of Obstructive Sleep Apnea Patients	Clete Kushida, MD, PhD, Chair; Fernanda Almeida, DDS, PhD; Pien Bosschietter, MD, PhD; Patrick Strollo, MD; Manisha Witmans, MD, RPSGT
S-22	Sleep Apnea in Heart Failure: The SERVE HF and ADVENT HF Outcomes	Michelle Cao, DO, Chair; Douglas Bradley, MD; Shahrokh Javaheri, MD; Virend Somers, MD, PhD
S-23	New Insights into the Waking, Sleeping, and Dreaming Brain	Patrick Fuller, PhD, Chair; Elda Arrigoni, PhD; Emi Hasegawa; Michael Lazarus, PhD

GENERAL SESSION | 10:30 a.m. - 11:30 a.m.

F-05	Culturally-Tailored Interventions to Promote Sleep Health Equity Among Black Children and Families	Alicia Chung, EdD, Chair; Mattina Davenport, PhD; Sarah Honaker, PhD; Ariel Williamson, PhD
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*Continuing education credit is not available for this session

GENERAL SESSION | 11:30 a.m. - 12:30 p.m.

D-13

Practical Guidelines for Using Wearable Technology in Sleep and Circadian Research

Cathy Goldstein, MD, Chair; Jesse Cook; Philip Cheng, PhD

LUNCH BREAK | 12:30 p.m. - 1:45 p.m.

LUNCH SESSIONS | 12:45 p.m. - 1:45 p.m.



L-03

Mild OSA: To Treat or Not To Treat – That is the Question

Harneet Walia, MD (Pro); Neomi Shah, MD (Con)



M-11

Impact of Insufficient, Disturbed, and Misaligned Sleep on Cardiometabolic and Psychiatric Morbidity in Youth

Julio Fernandez-Mendoza, PhD



M-12

Teaching Courses in Sleep and Circadian Rhythms

Michael Scullin, PhD



M-13

Recent Advancements in Structural and Social Determinants of Sleep Health Research

Chandra Jackson, PhD



M-14

The Impact of Treating Sleep Disorders on the Course of Psychiatric Disorders

David Neubauer, MD



M-15

Consumer Sleep Technologies: Where Are We Now?

Cathy Goldstein, MD

GENERAL SESSIONS | 1:45 p.m. - 2:45 p.m.

D-14

Are Lab-Based Human Research Studies Going Extinct?

Devon Hansen, PhD, Chair; Erin Flynn-Evans, PhD; Jennifer Goldschmied, PhD; Brieann Satterfield, PhD

D-15

The Future of Real-World Data Collection for Military and Shiftwork Populations in a Post-Actiwatch World

Jaime Devine, PhD, Chair; Allison Brager, PhD, MAJ; Evan Chinoy, PhD; Tracy Jill Doty, PhD; Kimberly Honn, PhD

I-10

Beyond Daytime Sleepiness: Disrupted Nighttime Sleep in Narcolepsy

Kiran Maski, MD

I-11

Sleep as an Opportunity to Improve Severe Maternal Morbidity

Ghada Bourjeily, MD

O-29

Sleep Medicine Training and Healthcare Delivery

O-30

Sleep and Circadian Health in Addiction, Mood Disorders, and Nightmares

S-24

Advancing the Science at the Co-Morbidity Between Sleep Disturbance and Opioid Use Disorder Through a Sex-Informed Lens

Caitlin Martin, MD, Chair; Jennifer Ellis, PhD; Allison Wilkerson, PhD

S-25

Sleep, Circadian Rhythms, and Mental Health in Student Athletes: Proactive Strategies to Maximize Health and Performance

Charles Samuels, MD, Chair; Jonathan Charest, PhD; Jesse Cook; J. Roxanne Pritchard, PhD

REFRESHMENT BREAK | 2:45 p.m. - 3:15 p.m.

GENERAL SESSIONS | 3:15 p.m. - 5:15 p.m.

F-06

Sleep, Emotions, and Mood Disorders During the COVID-19 Pandemic Across Countries and Populations: Lasting Effects?

Veronica Guadagni, PhD, Chair; Tony Cunningham, PhD; Claire Donnici; Anna Mackinnon, PhD

D-16

Sleep Health Advocacy: Permanent Standard Time and Later School Start Times

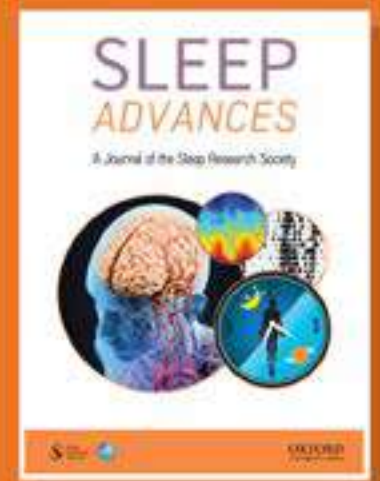
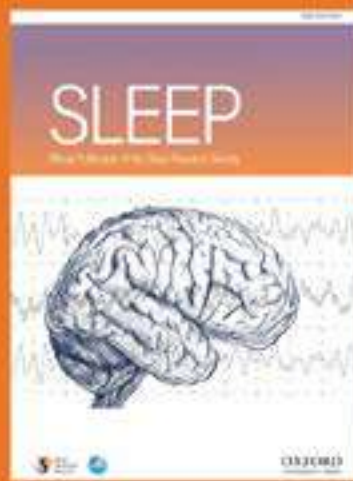
Karin Johnson, MD, Chair; Jessica Cho, MD; Julie Flygare, JD; Vidya Krishnan, MD; Beth Malow, MD; Jay Pea; Terra Ziporyn, PhD

O-31*	Hypersomnia: Advances in Diagnosis and Treatment	
O-32	The Link Between Sleep Disorders and REM Behavior on Migraine, Cognitive Aging and Neurodegeneration	
S-26	Sudden Infant Death Syndrome: Brainstem Research and Reducing the Risk	Thomas G. Keens, MD, Chair; Robin Haynes, PhD; Rosemary Horne, PhD; Rachel Moon, MD
S-27	Cannabinoids for the Treatment of Sleep Disorders – The Current State of Play Around the World	Camilla Hoyos, PhD, Chair; Ron Grunstein, MD, PhD; Bhanuprakash Kolla, MD; Jen Walsh, PhD
S-28	Basic Fatigue Research: From Molecular Underpinnings to Comprehensive Brain Modeling of Sleepiness and Cognitive Fatigue	Hans Van Dongen, PhD, Chair; Siobhan Banks, PhD; Daniel Forger, PhD; Briann Satterfield, PhD; Brendon Watson, MD, PhD

*Continuing education credit is not available for this session

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TECHNOLOGIST TRACK SCHEDULE

Schedule and speakers are subject to change without notice.

MONDAY

TECHNOLOGIST TRACK | 10:30 a.m. - 11:30 a.m.

T-01

Comorbid Insomnia and Sleep Apnea (COMISA)

Amber Allen, RPSGT, RST, Chair;
Kara Dupuy McCauley, MD

LUNCH BREAK | 11:30 a.m. - 1:30 p.m.

TECHNOLOGIST TRACK | 1:30 p.m. - 3:30 p.m.

T-02

Respiratory Physiology and the Pathophysiology of Complex Sleep-Related Breathing Disorders

Saiprakash Venkateshiah, MD, Chair;
Michelle Cao, DO; Lauren Tobias, MD;
Christine Won, MD

REFRESHMENT BREAK | 3:30 p.m. - 4:00 p.m.

TECHNOLOGIST TRACK | 4:00 p.m. - 5:00 p.m.

T-03

Pediatrics Update

Olufunke Afolabi-Brown MD, Chair; Demetria Adzic, RPSGT; Ameet Daftary, MD; Pallavi Patwari, MD

TUESDAY

TECHNOLOGIST TRACK | 8:00 a.m. - 10:00 a.m.

T-04

Advanced PAP Titrations

Michelle Cao, DO, Chair; Shahrokh Javaheri, MD;
Ashima Sahni, MD

BREAK | 10:00 a.m. - 10:30 a.m.

TECHNOLOGIST TRACK | 10:30 a.m. - 11:30 a.m.

T-05

Alternatives to PAP Therapy for Sleep-Disordered Breathing: Essentials

Caroline Okorie, MD, Chair; Rami Khayat, MD;
Ninotchka Sigua, MD

LUNCH BREAK | 11:30 a.m. - 1:30 p.m.

TECHNOLOGIST TRACK | 1:30 p.m. - 2:30 p.m.

T-06

Sleep Lab Emergencies

Nancy Collop, MD

TECHNOLOGIST TRACK | 2:30 p.m. - 3:30 p.m.

T-07

Substances of Abuse and Related Polysomnographic Changes

Saiprakash Venkateshiah, MD, Chair;
Shahrokh Javaheri, MD; Ashima Sahni, MD

BREAK | 3:30 p.m. - 4:00 p.m.

TECHNOLOGIST TRACK | 4:00 p.m. - 5:00 p.m.

T-08

Current Issues in Sleep Center Management

Christopher Hope, MD, Chair; Renae Davis, RPSGT;
Amy Korn-Reavis, RRT, RPSGT

INVITED LECTURERS

★KEYNOTE SPEAKER

PHYLLIS ZEE, MD, PhD

Monday, June 5 | 9:00 a.m. – 10:00 a.m.

BRIDGING CIRCADIAN AND SLEEP SCIENCE TO ENHANCE HEALTHSPAN

Phyllis C. Zee, MD, PhD is the Benjamin and Virginia T. Boshes Professor in Neurology and professor of Neurobiology at Northwestern University, director of the Center for Circadian and Sleep Medicine and chief of the Division of Sleep Medicine at Northwestern University's Feinberg School of Medicine. Her primary research focuses on understanding the mechanisms that link alterations in sleep, circadian rhythms and sleep disorders with neurological and cardio-metabolic disorders. She served as president of the Sleep Research Society, president of the Sleep Research Foundation, and is currently president of the World Sleep Society.

CARMELA ALCANTARA, PhD

Monday, June 5 | 10:30 a.m. – 11:30 a.m.

DOES ONE SIZE FIT ALL? UNDERSTANDING SLEEP HEALTH INEQUITIES IN LATINX POPULATIONS

Carmela Alcantara, PhD, is an associate professor at the School of Social Work at Columbia University. She works to advance health equity, and studies how discrimination and other stressors affect sleep and physical and mental health, particularly among Latina/o adults. Her research integrates psychology, public health, social work and medicine to understand how structural and social factors affect sleep, mental health and cardiovascular health, particularly in racial/ethnic and immigrant communities. A licensed clinical psychologist with postdoctoral training in public health and behavioral medicine, she is a faculty affiliate of the Social Intervention Group and the Columbia Population Research Center.

BRYCE MANDER, PhD

Monday, June 5 | 10:30 a.m. – 11:30 a.m.

WHY WE SLEEP DIFFERENTLY: HOW THE AGING BRAIN CHANGES THE WAY WE SLEEP

Bryce Mander, PhD, is an assistant professor of psychiatry and human behavior, pathology and laboratory medicine and cognitive sciences, at the University of California Irvine. His career research goals involve explaining the role of sleep in cognition across the lifespan in healthy populations and populations with neurological disorders, including neurodegenerative disease. He has conducted studies in healthy adult populations, clinical populations with neurological disorders, and preclinical and prodromal cohorts at risk for Alzheimer's disease. These studies have provided him with expertise in the analysis of structural and functional MRI neuroimaging data, PET imaging data, as well as high density EEG data, supporting his research program focused on sleep and cognitive neurophysiology across the lifespan.

TOM ROTH LECTURE OF EXCELLENCE

RUTH BENCA, MD, PhD

Monday, June 5 | 4:00 p.m. – 5:00 p.m.

DISORDERED SLEEP AND RHYTHMS: CAUSES OR CONSEQUENCES OF PSYCHIATRIC DISORDERS?

Ruth Benca, MD, PhD is a professor and chair of the Department of Psychiatry and Behavioral Health at Wake Forest University School of Medicine. Previously, she was chair of the Department of Psychiatry and Human Behavior at the University of California, Irvine, and director of the University of Wisconsin-Madison Center for Sleep Medicine and Sleep Research. Her research focuses on the interface between sleep and psychiatric disorders, and the role of sleep and sleep disorders on Alzheimer's disease. She has served as president of the Sleep Research Society and on the board of directors of the American Academy of Sleep Medicine and is Editor-in-Chief of *Current Sleep Medicine Reports* and Insomnia Section Editor of *UpToDate*.

CHIARA CIRELLI, MD, PhD

Monday, June 5 | 4:00 p.m. – 5:00 p.m.

THE BURDEN OF WAKE AND THE REASONS OF SLEEP: HOW SLEEP PROMOTES SYNAPTIC HOMEOSTASIS

Chiara Cirelli, MD, PhD is a professor of psychiatry at the University of Wisconsin. She received her medical degree and her PhD in Neuroscience from the University of Pisa, Italy, where she started investigating the molecular correlates of sleep and wake and the role of the noradrenergic system in sleep regulation. She continued this work as fellow in experimental neuroscience at the Neuroscience Institute in San Diego, California, and since 2001 at the University of Wisconsin – Madison. Her research investigates sleep functions by using a combination of electrophysiological, molecular, genetic, and ultrastructural approaches.

DEVIN BROWN, MD

Tuesday, June 6 | 10:30 a.m. – 11:30 a.m.

FROM SNOOZE TO STROKE

Devin Brown, MD, is a professor of neurology at the University of Michigan where she directs the Vascular Neurology Fellowship Program. She has served as the PI or multiple PI of 10 NIH grants – work that has focused on two main areas: stroke-related health disparities and sleep apnea after stroke. She is currently a multiple PI of Sleep SMART, a trial implemented through StrokeNet. She has published over 180 peer-reviewed papers, has served on multiple editorial boards, and is currently a member of the board of directors of the American Neurological Association.

MONA EL-SHEIKH, PHD

Tuesday, June 6 | 10:30 a.m. – 11:30 a.m.

SLEEP DISCRIMINATION/DISPARITIES IN PEDIATRIC POPULATIONS

Mona El-Sheikh, PhD, the Leonard Peterson & Co. Inc. Professor in the Department of Human Development and Family Science at Auburn University. Her research program addresses child and adolescent development in the context of risk and has advanced a biopsychosocial approach for understanding adaptation and maladaptation. She examines multiple domains of development in youth in the context of family and socioecological (e.g., health disparities associated with poverty) risk. Studying cohorts of children and their families over long periods has revealed how these processes relate to developmental outcomes over time and provide insights into mitigating interventions. Her work has been funded by the National Institutes of Health (NICHD and NHLBI), and the National Science Foundation.

NIELS RATTENBORG, PHD

Tuesday, June 6 | 4:00 p.m. – 5:00 p.m.

EVOLVING PERSPECTIVES ON THE EVOLUTION OF REM SLEEP

Niels C. Rattenborg, PhD, is the head of the Avian Sleep research group at the Max Planck Institute for Biological Intelligence in Germany. He aims to gain insight into the evolution and functions of sleep through studying birds using various methods, including functional magnetic resonance imaging. He is pioneering the use of microchips to measure sleep-related brain activity in animals in the wild. He has published in *Nature* and *Science*, and received the Outstanding Scientific Achievement Award from the Sleep Research Society for demonstrating that birds can sleep in flight.

ANDREW WELLMAN, MD, PHD

Tuesday, June 6 | 4:00 p.m. – 5:00 p.m.

PHYSIOLOGIC PHENOTYPING OF SLEEP APNEA

Andrew Wellman, MD, PhD is an associate professor of medicine at Harvard Medical School, Associate Physician and director of the Sleep-Disordered Breathing Laboratory at Brigham and Women's Hospital. He trained as both a medical doctor and engineer and focuses his research on sleep medicine and respiratory physiology. He has served as PI or CO-PI on several NIH funded grants where he made notable contributions in the development of effective measures of ventilatory control sensitivity, arousal mechanisms and pharyngeal mechanics in sleeping humans.

GHADA BOURJEILY, MD

Wednesday, June 7 | 1:45 p.m. – 2:45 p.m.

SLEEP AS AN OPPORTUNITY TO IMPROVE SEVERE MATERNAL MORBIDITY

Ghada Bourjeily, MD, is a professor of medicine at The Warren Alpert Medical School of Brown University. She has extensive clinical practice and research experience in pulmonary, critical care and sleep medicine. She has researched in the areas of sleep-disordered breathing (SDB) and investigated the prediction of SDB, its impact on cardiovascular outcomes in pregnancy, and the impact of therapy for SDB on biological pathways. She has been invited as a speaker at many NIH workshops, with many focusing on the interaction of sleep and cardiovascular outcomes such as severe maternal morbidity and mortality in 2020 and 2022, sleep in women in 2019, and predicting, preventing, and treating preeclampsia in 2018.

KIRAN MASKI, MD

Wednesday, June 7 | 1:45 p.m. – 2:45 p.m.

BEYOND DAYTIME SLEEPINESS: DISRUPTED NIGHTTIME SLEEP IN NARCOLEPSY

Kiran Maski, MD, is an associate professor of neurology at Harvard Medical School and clinical researcher and physician at Boston Children's Hospital. Her research is focused on identifying sleep biomarkers of neurological disorders, as well as determining the direct cognitive, behavioral and psychological consequences of sleep disruptions in children and adults with these conditions. She served as chair for Treatment of central disorders of hypersomnolence, an American Academy of Sleep Medicine (AASM) clinical practice guideline and was an AASM taskforce member on the International Classification of Sleep Disorders Text revision (ICSD3-TR). She is also currently serving as the chair for recommended protocols of the MSLT and MWT protocol task force.

POSTGRADUATE COURSES

Schedule and speakers are subject to change without notice.

Enjoy additional sleep content with one or more of the SLEEP 2023 postgraduate courses. Choose from full-day or half-day courses on your topic of interest. These sessions are an excellent resource for in-depth information regarding a variety of topics in sleep medicine and sleep research. You must be registered for SLEEP 2023 general sessions to register for postgraduate courses.

	Member	Non-Member
Full-Day Postgraduate Course	\$150	\$200
Half-Day Postgraduate Course	\$85	\$150

SATURDAY, JUNE 3

FULL-DAY COURSES | 8:00 A.M. - 5:00 P.M.

C-01: YEAR IN REVIEW 2023

This annual course discusses new perspectives and recent findings in translational science from the past year.

Co-Chairs: Romy Hoque, MD and Anne-Marie Chang, PhD

Aneesa Das, MD; Shahrokh Javaheri, MD; Reena Mehra, MD; Babak Mokhlesi, MD; Erik St. Louis, MD; Maria Suurna, MD; Emerson Wickwire, PhD; John Winkelman MD, PhD

C-02: PEDSLEEP 2023: DIAGNOSIS AND TREATMENT OF COMPLEX PEDIATRIC SLEEP-DISORDERED BREATHING UPDATE

This course is intended to provide comprehensive up-to-date evidenced based practical reviews of the best practices and latest algorithms for diagnosing and treating persistent often complex SDB in infants, children and adolescents with medical, neurological, behavioral and genetic comorbidities.

Chair: Madeleine M. Grigg-Damberger, MD

Daniel A. Ignatiuk, MD; Amal Isaiah, MD, PhD; Eliot Katz, MD; Umakanth Katwa, MD; Sanjeev Kothare, MD; Anne Marie Morse, DO; Kathy Wolfe, MD

C-03: SLEEP, CIRCADIAN RHYTHMS, AND MENTAL HEALTH: A TRANSDIAGNOSTIC PERSPECTIVE

This course is intended to take a transdiagnostic perspective to understanding the role of sleep and circadian disturbance in mental health in a way that is relevant for both research and clinical practice.

Chair: Philip Gehrman, PhD

Candice Alfano, PhD; Elaine M. Boland; Philip Cheng, PhD; Sammy Dhaliwal, PhD; Jennifer Goldschmied, PhD; Ellen Lee, MD; Adriane Soehner, PhD

HALF-DAY COURSE | 8:00 A.M. - 12:00 P.M.

C-04: THE LESSER-KNOWN "FRIENDS" OF RBD AND PARASOMNIA BOUNDARIES

This course will focus on a range of clinically important conditions that clinicians will run into in their daily practice, apart from idiopathic/isolated RBD: medication-induced RBD, secondary RBD, isolated REM sleep without atonia, Parasomnia Overlap Disorder, and two trauma-related parasomnias. Trauma Associated Sleep Disorder, and Sleep Related Psychogenic Dissociative Disorder.

Chair: Daniel Barone, MD

Vincent Mysliwiec, MD; Carlos Schenck, MD; Erik K. St. Louis, MD

HALF-DAY COURSE | 1:00 P.M. - 5:00 P.M.

C-05: ALTERNATIVE THERAPIES FOR SLEEP APNEA

This course is intended to address the rationale and practical aspects of various alternative treatments for sleep apnea.

Chair: Sanjay Patel, MD

Fernanda Almeida, DDS, PhD; Ron Grunstein, MD, PhD; Maria Suurna, MD

SUNDAY, JUNE 4

FULL-DAY COURSES | 8:00 A.M. - 5:00 P.M.

C-06: ADVANCES IN CLINICAL SLEEP MEDICINE 2023 (FORMERLY STATE OF THE ART FOR CLINICAL PRACTITIONERS)

This annual course focuses on the best practices for evaluating, diagnosing, and treating the most common sleep disorders in clinical practice.

Co-Chairs: Rebecca Spencer, PhD and

Robert Stansbury, MD

Massey Arrington, RST, RPSGT; Luke Donovan, MD; Lois Krahn, MD; Randy Nelson, PhD; David Neubauer, MD; Judith Owens, MD; Sunil Sharma, MD; Jaspal Singh, MD

C-07: SLEEP MEDICINE BOARD REVIEW

This course is intended to provide a review of essential sleep medicine curricula for physicians preparing for the American Board of Medical Specialties examination in the specialty of sleep medicine.

Chair: Alon Avidan, MD

Ruth Benca, MD, PhD; Nancy Collop, MD; Cathy Goldstein, MD; Lois Krahn, MD; Douglas Kirsch, MD; Teofilo Lee-Chiong, MD; Judith A. Owens, MD

HALF-DAY COURSE | 8:00 A.M. – 12:00 P.M.

C-08: ARTIFICIAL INTELLIGENCE IN SLEEP MEDICINE: APPLICATIONS

This course aims to alleviate the doubts and difficulties in using AI in sleep medicine by introducing representative cutting-edge and clinically useful applications of AI.

Chair: Robert J. Thomas, MD

Emmanuel Mignot, MD, PhD; Mathias Perslev; Samaneh Nasiri, PhD; Haoqi Sun, PhD

HALF-DAY COURSES | 1:00 P.M. – 5:00 P.M.

C-09: TEACHING SLEEP AND RHYTHMS: MODERN PEDAGOGICAL PRACTICES

This course is intended to address the specifics of developing a successful educational course on sleep and rhythms, with a focus on modern and innovative pedagogical practices.

Chair: Michael Scullin, PhD

Mary A. Carskadon, PhD; Alexandria M. Reynolds, PhD

C-10: SLEEP IN THE LITTLEST ONES: ASSESSMENT AND BEHAVIORAL SLEEP INTERVENTION IN YOUNG CHILDREN

This course is intended to provide an overview of assessment and behavioral sleep intervention strategies for pediatric patients from infancy through age three, emphasizing the most recent findings.

Chair: Sarah Honaker, PhD

Jodi A. Mindell, PhD; A.J. Schwichtenberg, PhD; Melissa S. Xanthopoulos, PhD

AASM UPCOMING COURSES **LEARN MORE**

From fundamental knowledge and board review materials, to innovative developments that are changing the landscape of the sleep field, or one final opportunity to cram in one last day of board prep education, the AASM has you covered.




SLEEP MEDICINE
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fundamental knowledge

September 21 - 24
Virtual



SLEEP MEDICINE
DISRUPTORS

November 3 - 4
Hybrid | Mountain View, CA



FINAL **BOARD**
PREP
COURSE

November 10
Virtual

AASM.ORG/EVENTS

MEET THE PROFESSOR SESSIONS

AASM/SRS MEMBER \$55 | NONMEMBER \$65

Enjoy lunch while participating in a discussion led by a prominent member of the sleep community. Sessions will have approximately 60 participants and will be focused on a specific topic. Lunch is provided with registration of this session.

MONDAY, JUNE 5

11:45 a.m. – 12:45 p.m.

M-01: INTEGRATING CIRCADIAN MEDICINE IN SLEEP DISORDER CENTERS

Phyllis Zee, MD, PhD

M-02: SLEEP AND CANCER: AN IMPORTANT AND UNDERAPPRECIATED RELATIONSHIP

Saadia A. Faiz, MD

M-03: THE LOW-DOWN ON SLEEP PROBLEMS IN CHILDREN AND ADULTS WITH TRISOMY 21

Christopher Cielo, DO

M-04: CCHS: WHAT EVERY (ADULT) SPECIALIST SHOULD KNOW

Maida Lynn Chen, MD

M-05: THE CONTRIBUTION OF SLEEP HEALTH DISPARITIES TO CHRONIC DISEASES

Dayna Johnson, PhD, MPH

TUESDAY, JUNE 6

11:45 a.m. – 12:45 p.m.

M-06: THE MULTIPLE PATHWAYS LINKING SLEEP APNEA AND CARDIOVASCULAR DISEASE

Susan Redline, MD, MPH

M-07: DON'T BLOW IT OFF - MEETING THE CHALLENGE OF VENTILATION FAILURE IN NEUROMUSCULAR DISEASE

Lisa Wolfe, MD

M-08: SLEEPING FOR TWO: MATERNAL SLEEP AND INFANT HEALTH

Ghada Bourjeily, MD

M-09: SLEEP AND METABOLISM: BUILDING BLOCKS OF MENTAL HEALTH AND COGNITION

Ana Pocivavsek, PhD

M-10: INSUFFICIENT SLEEP AND CIRCADIAN MISALIGNMENT: CONTRIBUTIONS TO CARDIOMETABOLIC DISEASE

Christopher Depner, PhD

WEDNESDAY, JUNE 7

12:45 p.m. – 1:45 p.m.

M-11: IMPACT OF INSUFFICIENT, DISTURBED, AND MISALIGNED SLEEP ON CARDIOMETABOLIC AND PSYCHIATRIC MORBIDITY IN YOUTH

Julio Fernandez-Mendoza, PhD

M-12: TEACHING COURSES IN SLEEP AND CIRCADIAN RHYTHMS

Michael Scullin, PhD

M-13: RECENT ADVANCEMENTS IN STRUCTURAL AND SOCIAL DETERMINANTS OF SLEEP HEALTH RESEARCH

Chandra Jackson, PhD

M-14: THE IMPACT OF TREATING SLEEP DISORDERS ON THE COURSE OF PSYCHIATRIC DISORDERS

David Neubauer, MD

M-15: CONSUMER SLEEP TECHNOLOGIES: WHERE ARE WE NOW?

Cathy Goldstein, MD

LUNCH DEBATE SESSIONS

AASM/SRS MEMBER \$55 | NONMEMBER \$65

Spend your lunch exploring hot topics and listening in on a lively debate of opposing viewpoints. Sessions will have approximately 80 participants and will feature a debate on a specific topic. Lunch is included with registration of this session.

MONDAY, JUNE 5

11:45 a.m. – 12:45 p.m.

L-01: DO YOU NEED TO USE HYPNOTIC MEDICATIONS WITH CBTI?

Jack Edinger, PhD (Pro) and Spencer Dawson, PhD (Con)

WEDNESDAY, JUNE 7

12:45 p.m. – 1:45 p.m.

L-03: MILD OSA: TO TREAT OR NOT TO TREAT – THAT IS THE QUESTION

Harneet Walia, MD (Pro) and Neomi Shah, MD (Con)

TUESDAY, JUNE 6

11:45 a.m. – 12:45 p.m.

L-02: SLEEP QUALITY VS. SLEEP DURATION MEASURE

Atul Malhotra, MD (Pro) and Sanjay Patel, MD (Con)

INTERESTED IN SUPPORTING THE NEXT GENERATION OF SLEEP & CIRCADIAN RESEARCHERS?



Looking Back...

- Would it have been beneficial to attend more scientific conferences as a trainee?
- Did you have a mentor that helped you navigate your path early in your career?
- Was applying for your first grant an overwhelming experience?
- Do you think an additional \$50,000 in research funding would have helped jump-start your career?

The SRS Foundation provides funding for travel grants, mentor programs, grant writing workshops, investigator research awards, and other programs that benefit early-career investigators.

DONATE TODAY!

Your contribution will help underwrite these programs to recruit the best and brightest to the sleep and circadian sciences.



Make your donation today at...

sleepresearchsociety.org/foundation



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All contributions are tax-deductible.

EXHIBIT HALL

EXHIBIT HALL HOURS

Monday, June 5 10:00 a.m. – 4:00 p.m.

Tuesday, June 6 10:00 a.m. – 4:00 p.m.

Wednesday, June 7 10:00 a.m. – 1:30 p.m.

Interact with industry professionals and experience the latest products and services in the field at the SLEEP 2023 exhibit hall! Every year SLEEP brings together a variety of pharmaceutical companies, equipment manufacturers, medical publishers, and software companies all with the goal of bringing you the latest advancements in sleep medicine.

You must be at least 12 years of age to enter the exhibit hall.



Stay at the Forefront of Sleep Medicine

2023 WEBINARS

- Industry updates and innovations
- Convenient professional education
- Interaction with thought leaders

[View upcoming webinars](#)



POLITICAL ACTION
Committee

Night Out ^{at the} Ballpark FUNDRAISER

SAT., JUNE 3 | 7 PM SLEEP 2023 EVENT

Admission includes a private buffet of ballpark favorites.
Tickets are available through SLEEP registration.

**Register
TODAY**

NETWORKING

SOCIETY BOOTH

Visit the SLEEP Store in the Society Booth to learn about AASM and SRS products! Interact with peers and employees of the societies and take advantage of some course exclusive product bundles.

MEMBERSHIP MEETINGS

AASM ANNUAL MEMBERSHIP MEETING

Monday, June 5 | 12:00 p.m. – 1:30 p.m.

SRS ANNUAL MEMBERSHIP MEETING

Tuesday, June 6 | 12:00 p.m. – 1:15 p.m.

POSTER HALL RECEPTIONS

Posters will be on display during the lunch break and in the evenings on Monday, June 5 and Tuesday, June 6 in the poster hall. Authors will present at their posters to discuss their research.

MONDAY, JUNE 5:

Poster Hall Hours: 8:00 a.m. – 6:00 p.m.

Poster Presentations: 12:00 p.m. – 1:15 p.m.
and 5:00 p.m. – 6:00 p.m.

TUESDAY, JUNE 6:

Poster Hall Hours: 8:00 a.m. – 6:00 p.m.

Poster Presentations: 12:00 p.m. – 1:15 p.m.
and 5:00 p.m. – 6:00 p.m.

ATTENDEE NETWORKING OPPORTUNITIES

Looking for even more to do while you're in Indianapolis? Monitor your email for a list of networking events from Industry Sponsored Events to a 5K run invitation.

AASM PAC NIGHT AT THE BALLPARK

Let the AASM PAC take you out to the ballgame! Gather with sleep medicine colleagues to watch the hometown Indianapolis Indians (Triple-A affiliate of the Pittsburgh Pirates) play the Toledo Mud Hens (affiliate of the Detroit Tigers) at Victory Field at 7:05 p.m. on Saturday, June 3.

28TH ANNUAL TRAINEE SYMPOSIA SERIES



**SPONSORED BY TAKEDA
PHARMACEUTICALS**

The 28th Annual Sleep Research Society Trainee Symposia Series will be held Sunday, June 4, 2023. The series is free to student member attendees of SLEEP 2023. You must be registered for SLEEP 2023 general sessions to participate. There is limited capacity in each session, please register for specific sessions that you will attend during general registration.

TRAINEE NETWORKING DEVELOPMENT SUITE

The Trainee Networking Development Suite offers SRS and AASM trainee members an opportunity to network with other trainees, experienced researchers and mentors in sleep and circadian science. Breakfast and lunch sessions will be offered, but the suite will be open all day for trainees to utilize. Visit sleepresearchsociety.org/trainees/srs-trainee-opportunities for more information.

PJ5K RUN/WALK

Enjoy a 5k run/walk, Sunday morning, June 4 at Military Park located at White River State Park during the SLEEP 2023 meeting! Join others in the sleep and wellness communities for a run to support patients with sleep disorders and increase sleep research!

CLUB HYPNOS

Attend the SRS member reception Club Hypnos at the JW Marriott Indianapolis Sunday evening, June 4. Attendees love socializing with their colleagues over food and drink. As one of the most attended events for SRS, Club Hypnos is something you won't want to miss!

AASM FOUNDATION 25TH ANNIVERSARY GALA

Save the date! We hope meeting attendees, guests and spouses will join us as we celebrate 25 Years of Championing a Bright Future in Sleep Health. The gala will be held Sunday, June 4 at 7 p.m. at the JW Marriott Indianapolis.

THINGS TO DO

A city known for fast cars and blockbuster events has also gained acclaim for a flourishing culinary and brewing scene, thriving cultural institutions, cool neighborhoods, and so much more. We invite you to enjoy the legendary hospitality. Here are a few things we recommend you put on your list for this trip to Back to SLEEP.



INDIANAPOLIS MOTOR SPEEDWAY

Take a shuttle tour around the iconic 2.5-mile Indianapolis Motor Speedway that welcomes 300,000 visitors each May, the Indy 500, is the ultimate family experience. Inside the oval is the Indianapolis Motor Speedway Museum, housing memorabilia, trophies and winning cars from the past century of open-wheel racing that will have your kids itching for a Matchbox car upgrade.



INDIANAPOLIS MUSEUM OF ART AT NEWFIELDS

With more than 152 acres of gardens and grounds just waiting to be explored, the Indianapolis Museum of Art is the perfect playground. Pop into the Indianapolis Star Family Studio - a free, interactive space, for families to imagine, explore, create, share, and collaborate with art in new ways. Remember to ask for a family guide at the welcome desk on floor 1 for tips and fun suggestions to help structure your visit.



DALLARA INDYCAR FACTORY

The need for speed isn't foreign to the city of Indianapolis. Satisfy all of your racing dreams behind the wheel of the racing simulators, experience the thrill of riding in a street-legal IndyCar two-seater with a professional driver, or take a factory tour where you'll watch skilled technicians handcraft the Dallara IndyCar chassis.



NCAA HALL OF CHAMPIONS

The national headquarters of the NCAA and collegiate athletics is housed on the campus of White River State Park. The Hall of Champions explores the heart and dedication it takes to be a student-athlete in all 23 collegiate sports. The whole family can attempt a downhill skiing simulator, test their knowledge at sport-specific trivia, or shoot hoops in a 1930s-style gymnasium.



WHITE RIVER STATE PARK

As America's only cultural urban state park, White River State Park offers more than 250 acres of green space filled with an array of cultural attractions, public art, and entertainment. Explore the park by bike, Segway, or your own two feet as you go door-to-door at some of Indy's finest attractions including the Indianapolis Zoo, Eiteljorg Museum of American Indians and Western Art, NCAA Hall of Champions, Indiana State Museum, and Victory Field.



INDIANAPOLIS ZOO

Walk with the flamingos, go face-to-face with a tiger, touch a shark - the unique animal encounters available for everyone make the Indianapolis Zoo a must on your Indianapolis list. With five different animal habitat biomes to explore, guests will enjoy their visit year-round, no matter what the weather is like outside. The Zoo is also home to the world's largest orangutan center.



MARVEL AT INDY'S MONUMENTS & MEMORIALS

Indianapolis devotes more acreage than any other U.S. city to honoring our nation's fallen, and is second only to Washington, DC, in the number of war memorials. Discover the monuments, memorials, and patriotic spirit of Indy that every visitor should experience.



EXPLORE THE INDIANAPOLIS CULTURAL TRAIL

Take a walk, run, or bike ride down the internationally acclaimed 8-mile-long Indianapolis Cultural Trail. The trail travels from Mass Ave to White River State Park and Fountain Square and is perfect for a stroll anytime during the day. Explore the city and learn about the culture of Indy one trail at a time.



EITELJORG MUSEUM OF AMERICAN INDIANS AND WESTERN ART

Featured as one of the world's finest Native American and Western Art collections by True West, the Eiteljorg Museum of American Indians and Western Art is one of only two such museums east of the Mississippi. Located in White River State Park, the Eiteljorg contains traditional and contemporary pieces by such artists as T.C. Cannon, Andy Warhol and Georgia O'Keefe.

For more information about the city visit www.visitindy.com.



HOUSING

THE JW MARRIOTT INDIANAPOLIS SERVES AS THE SLEEP 2023 HEADQUARTER HOTEL.

This and all hotels in the SLEEP 2023 room block are conveniently located within walking distance of the Indiana Convention Center. A block of guest rooms has been reserved at a group rate available through May 12, 2023 (or until the room block sells out).

Guest room reservations must be made directly through the SLEEP 2023 housing website. Rooms available at the group rate are limited and available on a first-come, first-served basis. Book your hotel room early to ensure the best hotel selection and price. Visit sleepmeeting.org to make your hotel reservation.

HOUSING CONTACT INFORMATION

Email: housing@visitindy.com

Phone: (317) 262-8191 | Fax: (317) 262-8270

www.sleepmeeting.org/housing

SLEEP 2023 and the official housing company, Visit Indy, do not solicit by phone or email for hotel reservations.

If you receive a phone call or email from any party other than the APSS about the meeting, they are not a legitimate entity, nor are they associated with the SLEEP meeting.



For information about things to see and do in Indianapolis, go to visitindy.com.

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Latest Educational Products NEWLY RELEASED



Scoring Manual v3

Digital version available Feb 17th with revised recommendations.



Sleep Qs 2.0

This customizable product allows you to create practice exams, pulling from more than 250 questions, based on specific topics in sleep.

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PJ5K



Add some fun by
wearing your favorite
family friendly pajamas!

SUNDAY, JUNE 4, 2023

MILITARY PARK located at WHITE RIVER STATE PARK
INDIANAPOLIS, IN | Start time 7:00 AM | Timed 5K

**REFUEL YOUR BODY
WITH SLEEP!**

Join Your Sleep Colleagues for a 5k!

Enjoy the scenic views while
running/walking a true 5k route.
All net proceeds go to the AASM
Foundation and SRS Foundation to
support key sleep research that
positively impacts the lives of patients
with sleep disorders and the field of
sleep medicine.

REGISTRATION PRICING

*Entry fees are non-refundable and non-transferable.

On or before April 23	\$35
<hr/>	
April 24 - May 24	\$40
<hr/>	
On site At Event	\$45

Register today at
sleepmeeting.org